

Chair's Chat

As I write this month, there is a real feeling of spring in the air. The sky is a beautiful blue and Pershore is filled with snowdrops, winter aconites and crocuses – did you manage to catch the gorgeous display in the corner of St Andrew's Gardens? Spring means membership renewal time, so please look at the information from Membership Secretary Mary Greer, telling you about the new membership rates that will apply from 1st March and giving details on how you can pay your subscription.



March marks the start of our Membership year, so we will be holding a u3a Open Morning at St Andrew's Centre on Saturday 11th March, 10am-12 noon. The purpose of this event is to tell potential new members about our u3a and to highlight the activities of our Interest Groups. If you have friends or neighbours who you think might enjoy being part of the u3a, do tell them about our Open Morning and encourage them to come along.

This time, we are experimenting with a slightly different format from past years. As space in the centre is limited, we want to focus attention on those Interest Groups that have vacancies, so that members can find groups that they can join immediately. If you haven't joined any u3a groups yet, or if you are looking for new activities to take part in, come along and see what is on offer! We are also looking for donations of cakes & biscuits for this event; if you are able to contribute, please contact Ingrid Fox with your offer of help.

As our u3a is a regular user of St Andrew's for meetings, Pershore Abbey asked us to get involved with running their monthly Coffee Mornings and in February, it was our turn to host. We used the opportunity to advertise the u3a with a display of information and spent a busy morning serving drinks and delicious homemade cakes, raising £110 for St Andrew's. Several visitors said it was busier than usual – "Thank You" to everyone that baked or helped, or both!



Visitors to St Andrew's learning about our u3a

A year ago we were celebrating the fantastic achievement of raising funds to plant a "u3a woodland" in Wales. For some while, the Committee has been hoping to bring about something nearer to Pershore and I am delighted to say that this has now happened, as described in the article on the tree planting at Wick Care Farm. I am already looking forward to picking a juicy *Newton Wonder* on an autumn walk to Wick!

Jackie

Jackie Jolley, Chair

u3apershorechair@gmail.com

Interest Groups' Latest News from John

What is normally a quiet period, January and February have not only flown by, but also seen a flurry of activity on the groups front.

Most outdoor activity groups have re-convened, albeit some sessions finishing earlier than usual because of the cold temperatures and a late start in January.

We have added five more groups too; Ballet, Art Appreciation, MOTO 2, Book Club 4 and the Theatre Trips group. These groups have moved from the wish list to up and running groups now. The Jigsaw exchange is open again and Tai Chi, which has been a long standing request, may actually join the active groups in the summer - we have a lady keen to offer leadership later this year.

Spanish for Beginners has been requested but we don't have a prospective leader yet. On the language front, Greek is available via the Evesham u3a. Has anyone heard of Pickleball? A couple have moved to our area from London where it is a popular activity.

Our annual Open Day takes place on Saturday 11th March at St Andrews Centre. Do come along and see the groups we have to offer - free tea/coffee and cake! We will have a slightly different format this year, with all the groups under one of ten headings linked under a genre, e.g. Languages, Wellbeing etc. If there is sufficient interest in groups that are currently full, then we aim to put like-minded people in touch with each other in an effort to open duplicate groups.

For our Group Leaders, we have heard of a successful scheme operating in other u3a areas. They offer CAMEO (Come And Meet Each Other) sessions with the aim of sharing ideas and tips between Group Leaders - watch this space for further information. Mentioning Group Leaders, please remind your members that their annual subscriptions become due on March 1st.

I hope to see many of you on March 11th, Bring a friend too, we hope to enrol lots of new members.

John Wright, Groups Coordinator
u3apershorejohn@gmail.com



News from the Interest Groups

Art Appreciation

We are a recently formed, small group who would welcome new members. We are currently using the BBC programme Moving Pictures and the online app, Google Arts and Culture, to explore paintings and other works of art in great detail.

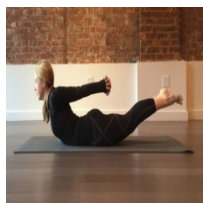
We meet at The Riverside Centre, Pershore on the fourth Thursday of the month (the Feb meeting will be on 2nd March), from 2.00-3.30pm. Please visit our u3a website groups page, select Art Appreciation and click on the blue bird to e-mail the group leader if you wish to join.



Members admiring high-resolution details of Jan Gossaert's "The Adoration of the Kings"

Yoga Group

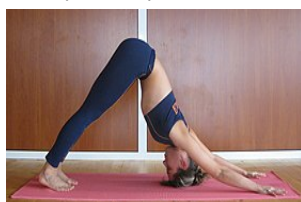
As we head into spring the Yoga group remains very popular and has a waiting list. Better late than never an update of our final 21st Anniversary challenge. In December we did achieve our animal goal and performed 21 animal poses ranging from insects, reptiles, the four legged and feathered varieties such as:



*Salanbhasana
(Locust)*



*Bujanghasana
(Cobra)*



*Adho mukha svanasana
(Downward Facing Dog)*



*Ustrasana
(Camel)*



Our group of flamingos

We finished the year with a short yoga session followed by coffee and cake whilst members of the group worked in teams on a quiz naming pictures of animal poses we had performed in class, plus a few extra just for fun.

Since January we have had sessions with the theme of twisting and side bending. On 14th February, Valentine's Day, the focus was on the first yoga yama, Ahimsa, (non-violence/non-harming). We included many heart opening postures focusing on cultivating self-love through awareness in the postures and listening to what our bodies tell us. The relaxation focussed on the heart chakra, the centre for love of self and others, compassion, empathy and forgiveness.



*The heart chakra
symbol*

Sue Harris, Yoga Group Leader

Notice Board

Membership renewals now due...

Hello everyone!

This is a reminder that membership renewals are due this month, on 1st March. By the time you receive this newsletter, I will have sent out details of your renewal by email. Please read it carefully – it contains your membership number, subscription type and renewal cost.

For those members not on email, a letter will have dropped through your letterbox along with the newsletter.

Fees for the coming year, as adopted at the AGM in January, are:

- *Single Full Membership* £13.20
- *Joint Full Membership* £24.20 per couple
- *Single Associate Membership* £8.30
- *Joint Associate Membership* £14.40 per couple
- *Cotswold Link Membership* to remain free of charge

Please could payments be made by BACS if at all possible, as the bank are now charging us 40p per cheque deposit. Don't forget to put your name/s and membership number/s in the BACS reference please. Details of our bank account for direct payments are in the renewal email / letter that I will have sent out by the time you read this newsletter.

If paying by cheque, please put your name/s and membership number/s on the back of the cheque. Details of where to send a cheque to are also in the email / letter. An optional addition of 40p to cover bank charges for cheque deposit would be appreciated, if you feel able to do this.

We can also take cash at the Open Morning March 11th and the Monthly Meeting on March 21st.

Could I also remind those members who pay by Standing Order, to please check to make sure it is set up to pay with the correct amount, and that it will be paid in March.

Please note - if you joined recently (since December), your renewal is not due until March 2024 as you have already paid for the coming year.

Mary Greer, Membership Secretary u3apershore@gmail.com

Tree Planting at Wick Care Farm

Pershore & District u3a has conducted a tree planting at Wick Care Farm. The tree, an apple variety called *Newton Wonder*, has been planted in a spot that the u3a's members can visit on their excursions to the pretty village of Wick.



The Environment is a big concern for many of our members and after last year's fantastic fund raising to plant 140 trees in Wales, the Committee hoped to do something in the local area as well. The problem was finding somewhere suitable for a tree planting and that is where staff at Wick Care Farm stepped in to help.



u3a Committee members help Joel Stevens of Wick Care Farm with the tree planting

The care farm offers support to people to carry out farm-based activities to improve their health and wellbeing. The farm is well known to Pershore & District u3a, as several members volunteer there and the u3a's Ukulele and 1960s Pop groups have put on performances to entertain clients.

When staff at the farm heard about the u3a's plans, they offered a home for the tree, suggesting that it would be a perfect project for their clients to learn about planting and looking after it in years to come. In keeping with the environmental theme, two young care farm clients, Maddie and Kian, used their skills to create hand-made signs from recycled materials.

Members of the Committee, John Wright, Peter Burnham and Chair Jackie Jolley, visited the Care

Farm to help with bedding the tree into its new home, just to the left of the gate to the care farm's orchard, near the poly tunnel. If you want to see exactly where, go to the "News" section on our website.

If you do find yourself in Wick, a popular walking destination for our members and walking groups, look out for our "u3a tree" to see how it is growing. With luck, you will be able to pick a few apples from it in years to come. The *Newton Wonder* variety has a similar but slightly sweeter taste than the Bramley apple and is usually used in pies and preserves, but if you like your eating apples sharp, give it a try and let us know what you think!



Hand-made sign marking our u3a tree

Forthcoming Events

Pershore & District u3a
Open Morning
St Andrews Centre
Saturday March 11th
10.00am - 12.00 noon

Tea/coffee and cakes will be served. Group Leaders will talk about the activities their groups. Where existing groups are full, waiting lists will be available to encourage new groups to be formed.



Offers of home-made cakes welcome. Please contact Ingrid if you are able to help.

SPRUNG!

Come and join Chancers Drama Group as we celebrate the arrival of Spring!
In the foyer at Number 8
Friday 10th March at 8pm

Due to limited numbers, if you would like to see this performance, please phone Sue Lavery - 01386 556 892



Charity Coffee Morning and Recycled Greetings Card Sale (cash only)

Wednesday 8th March 2023, 10:am – 12:30pm
Christadelphian Hall, 40 Paddock Close, Pershore
In aid of: Worcestershire Breast Unit Haven

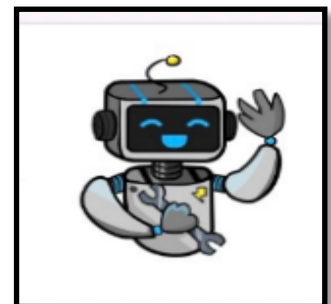
Please bring any used cards for recycling

Monthly Meeting Write Up

February 2023 Monthly Meeting – “A Day in the Life”

On Tuesday 21 February, Justin Rowling from Senior IT support in Pershore was our guest speaker at the Monthly Meeting. With a background in Information Technology (IT) Justin has moved on from helping friends and relatives with their IT issues, extending his expertise during lockdown via Age UK to help seniors get themselves on line and keep in contact with family and friends. These days he runs a local business offering assistance with computers, tablets, phones and the internet, as well as running a free Age UK Friday morning session at Pershore Library.

His presentation covered key questions such as passwords, backing up our information, how to ensure our computers are secure and what to look out for as a possible ‘red flag’ moment to avoid being scammed. He amused many of us, whose laptops were purchased a few years ago, when he talked about the ‘click of death’ from the old type of hard drive and he also challenged us to consider how to ‘develop password muscle’. Justin’s talk was warmly received, generating a host of questions from an interested audience.



Jill Wilson, Business Secretary (for Sally Whyte, Speaker Coordinator)

Guest Speakers at our Monthly Meetings

Venue: Number 8, High Street, Pershore, WR10 1BG

Start time: 2pm

If Zoom is available for the meeting the details and password will be emailed to members a few days before.

To view future monthly meeting information visit: <https://u3asites.org.uk/pershore/events>

Tuesday Mar 21st 2023 - Sing A Century - Andy Smith will sing and play his way through songs and instrumentals recorded over the last century, singing at least one song from each decade, featuring well known classics and a few long forgotten gems! There have been some amazing songs written since 1920, so come along and guess the song, the year, the artist!

NB There will be no Zoom facility in March but we will try to record the meeting and uploaded it to YouTube afterwards.

Tuesday April 18th 2023 – “The Other Hidcote – Jardin Serre De La Madone” - A return visit from Duncan Coombes to talk about the garden in France created by Lawrence Johnston who designed Hidcote NT garden.

Need further advice regarding Monthly Meetings?
Contact: Speaker Co-ordinator Sally Whyte u3apershoresally@gmail.com

Pershore & District u3a – Committee Members and key contacts – Feb 2023

Chair	Jackie Jolley	
Vice-Chair & Speaker Coordinator	Sally Whyte	
Membership Secretary & Beacon Coordinator	Mary Greer	
Treasurer	Ian Smith	
Business Secretary	Jill Wilson	
Groups' Coordinator	John Wright	
New Members' Facilitator	Ingrid Fox	
Newsletter Editor	Rosie Chandler	
Committee member	Peter Burnham	
Web Team	Mary Greer, Jackie Jolley, John Wright & Sally Whyte	
Pershore and District u3a https://u3asites.org.uk/pershore Facebook: ‘Keep Connected – Pershore and District U3A’		

Registered Charity no. 1093328

Please send photographs and any articles for publication in the April newsletter to: u3apershorenews@gmail.com..... by 20th March